

What's for Supper?



Menu Planning . . .

- ❑ Is essential to healthy eating
- ❑ Saves time
- ❑ Saves \$\$\$
- ❑ Decreases unplanned eating out
- ❑ Is basically a GREAT idea



You actually already do menu planning

- You are thinking “What shall I have for dinner tonight?”
- You say to yourself, “I have steak at home. I’ll grill steak. Potatoes go with steak. I’ll have baked potatoes. I think I have some frozen green beans and I will open a can of peaches.”



Actually is a lesson in pre planning

- In planning your menu for the week, you will take your schedule into consideration. On nights that you will get home late, plan to have leftovers. Cook a little extra on nights that you have time so that you have leftovers.
- For example, grill extra chicken on Monday night and use the extra to make grilled chicken salad on Wednesday when you get home late.
- If you plan on going out, put it on the menu. The menu should help avoid the unplanned eating out that occurs because you don't have any idea what to cook for dinner and you are too tired to think about it.

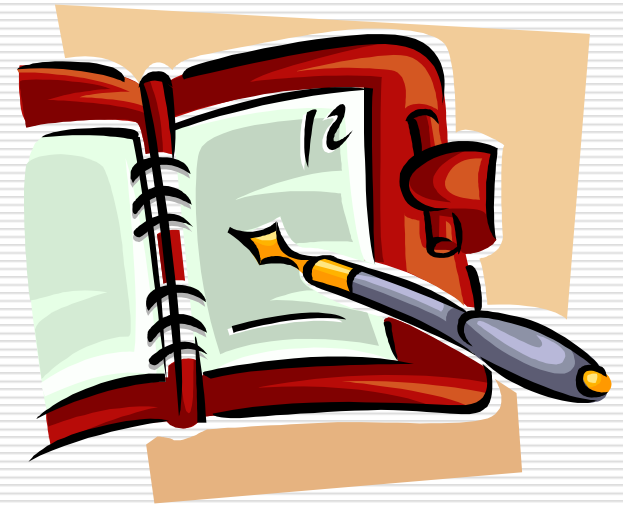


Basic Principles

- People eat what they like so choose meals your family likes
- Include foods of different colors
 - Baked fish, cauliflower & rice do not make an appealing plate
- Limit the # of mixed or combination dishes
 - Casserole, mixed vegetable and mixed fruit salad is a bit much.
- Use items of different mass, shape, size, and texture

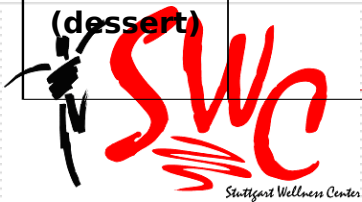
The Sequence of Menu Planning

- ❑ Decide on the Main dish
- ❑ Select the side dishes
 - Starch
 - Vegetable
 - Fruit
- ❑ Milk, Juice, or Water
- ❑ Optional Bread
- ❑ Optional dessert



Plan Your Menu

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Main Dish							
Vegetable							
Vegetable							
Starch							
Fruit							
Milk or Juice							
(bread)							
(dessert)							



For example . . .

Sunday	
Main dish	Pot roast
Starch	Whole Wheat Rolls
Vegetable	Carrots
Vegetable	Potatoes
Fruit	Strawberries
Milk, Juice, water	1% milk
Bread / dessert	Vanilla Wafers

Thinking about your schedule...

- The kids have soccer practice or you have a late meeting on Tuesday. You will not get home at 1830 that night.
- **Plan** to use leftovers.



For example . . .

Tuesday	
Main dish	Roast beef sandwiched
Starch	Hoagie Rolls
Vegetable	Lettuce, tomato, pickle, onion
Vegetable	Three bean salad (canned)
Fruit	Orange wedges
Milk, Juice, water	Water
Bread / dessert	

Menu to Grocery list

- Once you have your menu for the week, take it into the kitchen and find out what you need to buy to make everything on your menu. You may have to pull out recipes to make sure you don't forget key ingredients.
- Take your list to the store and buy only what is on your list!



Other tips

- **DO NOT** throw away a good menu. Either reuse it later in its entirety or use it for ideas later.
- Some people develop several good weekly menus and a grocery list that goes with each menu and they reuse them regularly.



Resources

- <http://www.oznet.ksu.edu/humannutrition/mtft/mtftconc.htm>
- <http://organizedhome.com/content-50.html>
- <http://extension.usu.edu/files/factsheets/menuplan3.pdf>
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Stay tuned for next week

- 10,000 steps
 - Tips for your walking program

